



# InShape

## West Valley City Family Fitness Center News

### After School Programs for Junior High Students



The West Valley City Family Fitness Center is excited to offer an after school program for junior high students. Students will be picked up from school (Kennedy, Westlake, Hunter, Valley) and taken to the Fitness Center for activities including swimming, rock climbing, leadership activities, and outings. The cost for enrollment is \$10 and includes snacks.

“Our after school programs are designed to offer a fun, active, and safe environment for kids,” says Program Coordinator Kari Child. “Junior high students are in an age group that is lacking after-school programs to participate in, and this new program will help alleviate that problem.”

The program begins this month and will run through the end of the school year. For more information or to enroll your student(s) call Kari at 955-4016.

#### Tae Kwon Do

Ages 8 and older are welcome to participate in Tae Kwon Do classes. Enrollment is for one calendar month.

Classes are taught by four black belt instructors.

Tuesday and Thursday Nights  
Beginning Class: 7:00 - 7:45PM  
Advanced Class: 7:45 - 8:30PM

Members: \$25/month  
Non-members: \$35/month

#### West Valley Dance Force

The Family Fitness Center offers all formats of dance, including ballet, hip-hop, jazz, cheer, tap, and more! Adult classes are also available.

Schedules vary.

For more information, call the dance hotline at 955-4030.



### Up With Kids! Musical Theater Academy

Up With Kids! Musical Theater Academy is a non-profit musical theater academy specializing in all-star acting.

Kids ages 4 to 17 are invited to attend.

Classes are held every Friday. Times vary depending on age.

\$35 per month, per child  
(one time registration fee of \$45 for first child, \$35 for second child, \$25 for additional children in same family)

For more information, call 867-5324 or visit [www.upwithkids.com](http://www.upwithkids.com).

### Halloween Activities for the Entire Family

October 20, 1:00 p.m.  
Halloween Safety Fair

This free event, sponsored by Costco Wholesale, will feature Halloween safety tips, fire safety information, a costume parade, costume contest, and trick-or-treating!

Special appearances by Patch, the Fitness Center Mascot, as well as Grizzbee and McGruff.

October 26, 27, & 29  
Halloween Spook Alley

October 26 & 27  
Spook-Free Halloween Party for Kids

Host your next birthday party at the Family Fitness Center. Let our staff plan your themed party while you and your guests enjoy Fitness Center activities including swimming, rock climbing, basketball, and playing in the Edutainment Center! Three party packages are available starting at \$90 for ten guests.

Call 955-4000 for more information.



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 [www.WestValleyFitnessCenter.org](http://www.WestValleyFitnessCenter.org)  
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.  
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 10:30 a.m. - 4 p.m.  
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 12 p.m. - 4 p.m.

